Kale kicked up a notch or two

Try the tangy leaf as a base to citrusy salad, a stir-fried side or a crunchy snack PAGE 12

JO-BRO'S LOVE AND MARRIAGE

KEVIN JONAS AND WIFE DANIELLE JUMP INTO THE REALITY-TV ARENA PAGE 9

REGINA metro®

Monday, August 20, 2012

News worth sharing.

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WIN STILL OUT OF RIDERS' REACH

The B.C. Lions' Cauchy Muamba intercepts a pass intended for the Saskatchewan Roughriders' Chris Getzlaf during the first half of their CFL matchup in Vancouver on Sunday. The Roughriders would go on to lose the game 24-5. Story, page 14. DARRYL DYCK/THE CANADIAN PRESS

Quebec's election hits close to home

For some Fransaskois, the youth vote is top of mind when it comes to next month's provincial election in Quebec PAGE 2

Saskaboom in peril?

Our Urban Compass columnist takes a closer look at the Vale decision to put its multibillion-dollar potash mine on hold, and what it could mean for the province PAGE 8

Hitting all the presidential notes

Rapper Rick Ross tackles U.S. election issues like a natural-born politico PAGE 10

Fransaskois. Community takes notice of Quebec election

Saskatchewan's francophone community — the Fransaskois — is keeping its eyes peeled on Quebec's Sept. 4 election.

Jim Chimirri-Russell, pastor at Regina's Good Shepherd Lutheran Church, which began holding French-language worship services last year, said the youth vote is being talked about amongst congregation members.

"One of the things we've heard around here is frustration with the students' protest," he said.

Quoted

"The length of protest is weighing on people. If they can get out to bang pots and pans, they can get out to vote in a polling station."

Jim Chimirri-Russell, pastor, Good Shepherd Lutheran Church

"The length of protest is weighing on people. If they can get out to bang pots and pans, they can get out to vote in a polling station."

A Léger Marketing poll published over the weekend in Montreal's Le Devoir newspaper found among more than 1,500 respondents, 32 per cent supported the Parti Québécois (PQ), 31 per cent the Liberals and 27 per cent the Coalition Avenir Québec (CAQ).

"We'll have to see if it does indeed go that way," Chimirri-Russell said.

Liberal Leader Jean Charest, who has been in power since 2003, is attempting to win a fourth term. ROB BROWN/METRO

This minor collision between a Honda Ridgeline and Acura at the intersection of Victoria Avenue and Prince of Wales Drive kicked off a crash-filled weekend on Saskatchewan's roads. ROB BROWN/METRO

Collisions claim four over weekend

Car crashes. Safety advocate says drivers need more info when it comes to uncontrolled rail crossings

ROB BROWN
rob.brown@metronews.ca

Saskatchewan's roads turned deadly as motor-vehicle collisions claimed four lives over the weekend.

Late Friday, a 21-year-old man was pronounced dead on the Onion Lake First Nation after being found in his vehicle at a crash site following reports of erratic driving.

On Saturday morning, a Saskatoon cyclist was killed after being hit by a vehicle near Eastlake Avenue in the Bridge City.

Later in the day, RCMP and STARS air ambulance were called to a single-vehicle Broadview-area accident, where a 57-year-old man was pronounced dead after being thrown from his vehicle.

RCMP are also investigating a Saturday crash between a train and a truck pulling a horse trailer on Highway 16, east of Saskatoon.

Officials note a truck with two women from Prince Albert inside collided with a train at an uncontrolled railcrossing intersection. While the women were taken to Saskatoon with minor injuries, two horses being transported in the trailer were killed.

Early Sunday morning a single-vehicle rollover near Wolseley claimed the life of a 26-year-old woman.

Dan Di Tota, head of national rail-safety organization Operation LifeSaver, says when it comes to uncontrolled rail crossings, drivers need more information.

Quoted

"Everyone needs to educate themselves on best practices that we know help save lives."

Dan Di Tota, Operation LifeSaver head

"Everyone needs to educate themselves on best practices that we know help save lives," he said.

Earlier this month an 18-year-old Whitewood-area woman was killed in a collision between a train and a camper van on Aug. 9, about 150 kilometres east of Regina.

According to the Transportation Safety Board of Canada, 1,023 rail accidents were reported in 2011, with 17 per cent, or about 185 rail accidents, involving vehicles or pedestrians at rail crossings.

Symphony. Orchestra turns 104 at annual festival

If you picked up a more elegant atmosphere around Wascana Park on Sunday, you have the Symphony Under the Sky festival to thank for that.

The one-day, free festival featured an eclectic mix of performers and was headlined by the Regina Symphony Orchestra.

The festival started the orchestra's 104th season, and ran from 11 a.m. to 7 p.m. on Sunday.

This year's festival showcased a new stage location as well as new food vendors and sponsor pavilions.

Colin Neufeld is the operations and special events coordinator with the Regina Symphony Orchestra; he also plays the bass trombone for the group.

"It is a little more unique to Saskatchewan. I know that we have been doing it for some time now and people are really starting to take notice," said Neufeld. "Part of what we want to accomplish is getting people in to see the symphony that wouldn't normally go to a symphony concert."

Neufeld says the festival usually gets 5,000 to 7,000 attendees each year.

"I mean, eight acts over the afternoon for free and then a two-hour symphony concert, that's a pretty good deal," added Neufeld.

Hannah Paul, a festival attendee, said: "I try to come every year. I just love the style of music and how they always try something different with the symphony every year."

Paul and all the other attendees were treated to quite the show on Sunday; along with all the music and vendors, there were also ideal temperatures.

"I'm loving it. I love the different music and different performers, and the weather is perfect for this time of year," said Paul.

JEFF MACKEY/METRO

Keri Panchuk, a trumpet player with the South Saskatchewan Youth Orchestra, tries her hand at playing the violin at Symphony Under the Sky on Sunday. JEFF MACKEY/METRO

Mobile news

An abandoned kitten and puppy have become famous after a video of them snuggling was uploaded online. Scan the code to watch them in action.

Another gruesome discovery: More possible remains found

Toronto. On Sunday a bag containing 'fleshy' material was found, the second such suspicious discovery in an area creek

A coroner has been called in to examine a bag containing "suspicious" fleshy material discovered Sunday in the same Toronto creek where possible human remains were found by a homeless man on Saturday.

The discovery was made as Peel police continue to search a park in nearby Mississauga, Ont., where body parts were discovered late last week.

A grey plastic bag containing what appeared to be remains of some kind, was found late Sunday morning in the West Highland Creek, near the Tam O'Shanter golf course, by a Torstar News Service journalist who was photographing search teams in the area.

Police were immediately notified.

The new find was about 100 metres south of the first find. Police immediately expanded the cordon and brought in dog teams.

"It's certainly suspicious. That's why we've sealed off the area and turned it over to forensics," said Sgt. Doug Minor.

Police say they're waiting for the coroner to inform them of what the bag contains.

TORSTAR NEWS SERVICE

Coroner investigating

Toronto police received a call at 1 p.m. Saturday with reports of a suspected body part in West Highland Creek. On Sunday a bag containing possible remains was found nearby.

Police investigate the area of West Highland Creek in Toronto on Saturday after possible human remains were found.
RICK MADONIK/TORSTAR NEWS SERVICE

Remembering those who died at Dieppe, 70 years on

Veterans, from left, Fred Engelbretch, 92, Arthur Rossel, 92, Roy Wozniak, 93, Russ Burrows, 93, and David Lloyd Hart, 95, are seen during the commemorations Sunday to honour Allied soldiers killed 70 years ago in a failed Second World War invasion in Dieppe, northern France. Some 1,400 soldiers were killed in "Operation Jubilee" when the Allies tried to briefly invade Dieppe to test German defences. MICHEL SPINGLER/THE ASSOCIATED PRESS

Middle East

Jordanian child wounded by Syrian rockets

Jordan's information minister says four Syrian rockets have fallen on a northern Jordanian border town, wounding a four-year-old girl.

The Jordanian girl was treated for shrapnel wounds and then released from hospital.

THE ASSOCIATED PRESS

Mars mission

Curiosity lasers a rock on Mars

NASA's Curiosity rover has zapped its first Martian rock, aiming its laser for the sake of science.

During the target practice on Sunday, Curiosity fired 30 pulses at a nearby rock over a 10-second window, burning a small hole. Since landing in the Gale Crater the rover has been checking instruments. THE ASSOCIATED PRESS

Alleged militants

U.S. drones kill 10 in Pakistan

American drones fired a flurry of missiles in a Pakistani tribal area Sunday, killing a total of 10 suspected militants, officials said.

In the strike, missiles hit two vehicles near the Afghan border, killing seven. Later, missiles destroyed a home, killing three people.

THE ASSOCIATED PRESS

Russia

Suicide bomber kills seven

A suicide bomber blew himself up as cops in southern Russia gathered Sunday for the funeral of a slain colleague. The blast killed at least seven police and badly wounding 12 others.

The funeral was for an officer who had been shot dead by militants in Ingushetia.

THE ASSOCIATED PRESS

Missouri. Republican Senate candidate questions whether pregnancy can result from sexual assault

Todd Akin, Missouri's Republican Senate candidate, has questioned whether women can become pregnant when they're raped.

Akin said in an interview with St. Louis television station KTVI released Sunday that pregnancy from rape is "really rare." A video of the interview is posted on the station's website.

Akin has said he opposes most abortions, and said in the interview that if a woman is raped, her body "has ways to shut that whole thing down."

Akin has served six terms and has said he's Missouri's most conservative congressman. He's running against Democratic Sen. Claire McCaskill.

McCaskill's campaign said Sunday that "Akin's record is riddled with policies and votes that hurt women."

Akin said Sunday the punishment for rape should be focused on the rapist and not "attacking the child."

Akin was interviewed on KTVI's The Jaco Report, and also talked about numerous campaign issues such as voter ID laws, the economy and Medicare.

The interview was conducted earlier in the week.

Akin spokesman Steve Taylor declined to comment Sunday, saying he had not yet seen the interview. McCaskill, who is seeking a second term, said she found the comments "offensive."

THE ASSOCIATED PRESS

Aleppo, Syria. Battle with anti-Assad rebels slows for Muslim holiday

A brief lull in fighting for a Muslim holiday Sunday allowed residents of Aleppo to take stock of their losses after three weeks of intense battles left many in Syria's largest city strapped for cash, separated from loved ones and scared of more violence ahead.

In the capital Damascus, President Bashar Assad prayed at a mosque in his first appearance in public since a bomb attack killed four of his top security advisers on July 18.

Thousands across the country marched against Assad in mosques and cemeteries after special dawn prayers marking the start of the three-day Eid al-Fitr holiday, which caps the holy month of Ramadan. The holiday — usually a joyful time to remember the dead, dress up in new clothes and visit family — followed a particularly bloody Ramadan when fighting erupted in Syria's two largest cities, bringing large civilian populations under fire and causing a spike in the death toll.

The government has still not managed to defeat the rebels. THE ASSOCIATED PRESS

London. Assange makes first public appearance since seeking refuge

WikiLeaks founder Julian Assange appears at a window of the Ecuadorian embassy in central London on Sunday. SANG TAN/THE ASSOCIATED PRESS

WikiLeaks founder Julian Assange urged U.S. President Barack Obama to end a so-called "witch hunt" against his secret-spilling website, appearing in public Sunday for the first time since he took refuge two months ago inside Ecuador's Embassy in London to avoid extradition to Sweden on sex-crimes allegations.

The 41-year-old Australian, who has fought for two years against efforts to send him to Sweden for questioning over alleged sexual misconduct against two women, addressed several hundred supporters and reporters as he spoke from the small balcony of Ecuador's mission, watched by dozens of British police.

Ecuador's President Rafael Correa on Thursday granted Assange asylum and he remains out of reach of British authorities while he is inside the country's embassy. Britain insists that if he steps outside, he will be detained and sent to Sweden, as by law it must meet the obligations of a European arrest warrant.

Praising Correa, Assange said "a courageous Latin American nation took a stand for justice" in offering him sanctuary, but did not refer to the Swedish allegations against him. Instead, he attempted to shift attention to what he claims are preparations in the U.S. to punish him for the publication by WikiLeaks of a trove of American diplomatic and military secrets.

Assange and his supporters claim the Swedish case is merely the opening gambit in a Washington-orchestrated plot to make him stand trial in the U.S. — something disputed by both Swedish authorities and the women involved.

THE ASSOCIATED PRESS

One man's battle to breastfeed

Outdated attitudes?
Transgender dad was turned down as a group leader for a breastfeeding advocacy group

Trevor MacDonald, a slim man with short, dark-brown hair and a radiant smile sandwiched between a wispy moustache and goatee, sits bare-chested in a leafy Toronto garden, his infant son sucking gently on his tiny left breast.

In the photo, shot on a recent visit to the city, the Winnipeg resident blissfully cradles the boy, contentment visible in his features. This is a proud papa breastfeeding his 16-month-old child, just as he has done many times before.

MacDonald, a 27-year-old stay-at-home parent, loves fatherhood and, as a transgender man, identifies as a dad. And he loves breastfeeding, owing his confidence and comfort nursing to his La Leche League Canada (LLLC) motherhood support group in Winnipeg.

In early June MacDonald wrote a letter to LLLC — an affiliate of the influential international mother-to-mother breastfeeding advocacy group — asking what it would take to become a group leader. He wanted to coach LGBT members and those who struggle, like he did, to breastfeed after chest-reduction surgery.

LLLC rejected the request seven weeks later, citing an 18-year-old policy: "Since an LLLC leader is a mother who breastfed a baby, a man cannot become an LLLC leader," the organization wrote in its reply, which is posted on MacDonald's blog, Milk Junkies.

"You told me that you do not identify as a mother," LLLC continued. "You are your baby's father. According to LLL philosophy the roles of mothers and fathers are not interchangeable. I think that this would make it difficult for you to represent LLL philosophy."

Not interchangeable. Those words resonate strangely to a transgender man. For MacDonald, who said he was "disappointed" by LLLC's refusal, the terms motherhood and fatherhood are, at best, quaint. "First and foremost I identify as a parent," MacDonald said.

"I suppose I use the term (fatherhood) because it's what we have going in our society, not because I think it's fantastic or I think it's really accurate."

MacDonald uses a supplemental nursing system: A bottle with a long tube filled with milk purchased online from donors. He credits LLLC with helping Jacob suck simultaneously from his father's breast and the tube. TORSTAR NEWS SERVICE

Quoted

"This has made us all stop and think. This is the first time in 55 years (of LLLC history) this question has come up."

Fiona Audy, chair of the board of directors, La Leche League Canada, regarding MacDonald's request to be a breastfeeding advocate group leader

Trevor MacDonald, a 27-year-old stay-at-home parent from Winnipeg, loves fatherhood and, as a transgender man, identifies as a dad. And he loves breastfeeding, owing his confidence and comfort nursing to his La Leche League Canada motherhood support group in Winnipeg. CONTRIBUTED

Pups come out to play at Ottawa fetish contest

Puppies Johnny, Scout and Rolph compete in the first-ever National Capital Leather Pride Weekend Pup Contest. JESSICA SMITH/METRO IN OTTAWA

Contestants barked, howled and gave inspiring speeches at Ottawa's first-ever National Capital Leather Pride Weekend Pup Contest, held at a local pub.

The contest was similar to the Miss America Pageant — but for people who like to become puppies, dressed up in fetish gear. Contestants were judged in the jock/thong, speech and formal categories.

"Pup play" is an international phenomenon, but has only been organized in the city for the past year, said Mr. Leather Ottawa 2010 Mike Tattersall, who emceed the competition but isn't a pup himself.

"It's a human expression of freedom and self-expression," said Tattersall. "Imagine a room full of Labrador retriever puppies and the chaos those puppies would do to themselves as they play." Pups will generally wear leather, rubber or other fetish gear. Some have handlers, others are "strays."

Tattersall organized the competition, which he believes is the first in Ontario and perhaps the first in Canada.

The winner, Scout, wore hockey pads, blue underwear and a leather dog mask in the formal-wear section of the competition.

JESSICA SMITH/METRO IN OTTAWA

China. Ousted politician's wife gets suspended death sentence after confession

Gu Kailai, the wife of disgraced politician Bo Xilai, stands during her trial on Aug. 9. CCTV VIA APTN/THE ASSOCIATED PRESS FILE

The wife of a disgraced Chinese politician was given a suspended death sentence Monday after confessing to killing a British businessman by poisoning him with cyanide in a case that rocked the country's top political leadership.

A suspended sentence is usually commuted to life in prison after several years.

Sentenced along with Gu Kailai was a family aide who was given nine years' imprisonment for his involvement in the murder of Neil Heywood, a former family associate, said He Zhengsheng, a lawyer for the Heywood family who attended the sentencing in this eastern China city.

The sentencing closes one chapter of China's biggest political crisis in two decades, but also leaves open questions over the fate of Gu's husband, Bo Xilai, who was dismissed in March as the powerful Communist Party boss of the major city of Chongqing.

His dismissal and his wife's murder trial come at a sensitive time in China with party leaders handing over power soon to a younger generation. At one time Bo was considered a candidate for a top position.

The lawyer He said he had to discuss the verdict with the Heywood family and did not know if they would lodge an appeal. "We respect the court's ruling today. Thank you all for your concern," He said.

State media say Gu confessed to intentional homicide at a one-day trial held here Aug. 9 under heavy guard. The media reports — the court has been closed to international media — say she and Heywood had a dispute over money and Heywood allegedly threatened her son.

The family aide, Zhang Xiaojun, also confessed after being charged as an accessory. He had been expected to get a lighter sentence as state media reported from the trial that Gu planned the murder.

Gu was accused of luring the victim to a Chongqing hotel, getting him drunk and then pouring cyanide into his mouth. THE ASSOCIATED PRESS

Russia

Anti-gay activists sue Madonna over concert content

Some Russian activists have sued Madonna for millions of dollars, claiming they were offended by her support for gay rights during a recent concert in St. Petersburg.

Anti-gay sentiment is strong in Russia. In St. Petersburg, a law passed in February makes it illegal to promote homosexuality to minors, and the author of that law has pointed to the presence of children as young as 12 at Madonna's concert on Aug. 9.

Russian news agencies quote Alexander Pochuyev, a lawyer representing the nine activists, as saying the suit was filed Friday against Madonna, the organizer of her concert, and the hall where it was held, asking for damages totalling 333 million rubles, or about $10.2 million US.

Madonna GETTY IMAGES

THE ASSOCIATED PRESS

Plea for aid

Drought-stricken U.S. farmers face tough choices

It's hard to tell what frustrates Todd Eggerling more — the weather or Congress. Searing temperatures and drought scorched Eggerling's land in southeast Nebraska, leaving little grass to feed his 100 cattle. Then Congress left for a five-week break without agreeing on aid to help ranchers through one of the worst droughts in the nation's history.

That means it will be September before Eggerling and other ranchers can even hope for disaster aid legislation that includes cash to buy feed until they would normally send their cattle to feedlots or slaughter in the fall or winter.

For some, it's already too late. Out of grass and out of cash, they've sold their animals.

For others, time is rapidly running out as they try to hold on. Their decisions will affect the price and supply of meat for months, perhaps years, to come.

"I'd like to see every one of the senators and congressmen go out into one of these widespread, drought-stricken areas and spend a day," said Eggerling.

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Border guards

Use-of-force incidents decline

Fewer border guards drew their guns, batons and pepper spray last year in an abrupt reversal of a previous trend toward greater use of force at Canadian border points.

There were 147 incidents in 2011-2012, a significant drop from 184 in the previous year — the first significant decline in so-called use-of-force incidents since the guards were armed with handguns. THE CANADIAN PRESS

Belgian child rapist

Ex-wife in line for early release

About 2,000 demonstrators in Belgium on Sunday protested the possible early release from prison of the ex-wife of a pedophile, who was an accomplice in his abuse and murder of young girls. Michelle Martin, former wife of child rapist Marc Dutroux, could move to a convent after her conditional release. THE ASSOCIATED PRESS

Eid prayers delegation

Helicopter crash kills 32 in Sudan

A Sudanese helicopter carrying a government delegation to the volatile South Kordofan state to attend prayers on the first day of the Muslim holiday of Eid al-Fitr crashed in a mountainous region on Sunday, killing all 32 people on board including a cabinet minister.
THE ASSOCIATED PRESS

Spain wildfires

Canary Islands fire smoulders on

A fire that was started in the Canary Islands by arsonists two weeks ago hasn't been completely extinguished and is smouldering in forest undergrowth during a heat wave, Spanish officials said Sunday. The blaze has charred 12 per cent of La Gomera island.
THE ASSOCIATED PRESS

Israel youth attack

5 teens arrested

Israeli police have arrested five Israeli teenagers suspected of seriously injuring an Arab youth in a scuffle in downtown Jerusalem, in what local media are calling a hate attack, police said Sunday.
THE ASSOCIATED PRESS

Swimmer endures jellyfish stings in Cuba-U.S. record bid

Third time lucky?
Nyad, 62, is making her third attempt since last summer at a cage-less crossing

Diana Nyad takes a break after reportedly being stung by a jellyfish Saturday off Havana, Cuba. Nyad, who turns 63 on Wednesday, is trying to be the first swimmer to cross the Florida Straits without a shark cage.
DIANA NYAD VIA THE FLORIDA KEYS NEWS BUREAU/CHRISTI BARLI/THE ASSOCIATED PRESS

Endurance athlete Diana Nyad forged ahead through the Straits of Florida with renewed vigour Sunday in pursuit of a record 166-kilometre unassisted open-water swim without a shark cage.

The 62-year-old Los Angeles woman was said to be comfortable, confident and steady at around 50 strokes per minute after a harrowing night of painful jellyfish encounters — despite a new-and-improved bodysuit she hoped would offer better protection.

Nyad was stung four times during the night on the neck, lips, hand and forehead, according to members of her 50-member crew who updated fans through social media.

At 18 hours into the swim, she had travelled 35 kilometres from Havana. Choppy seas were calmer, and her team reported only a light wind.

Nyad had planned to don the bodysuit, which covers her from head to toe except for holes for the eyes, nose and mouth, at night, when jellyfish tend to rise to the surface. But it apparently did not work as well as anticipated.

At least two of the stings were from the dangerous box jellyfish, which forced her to cut short her second of two attempts last year as toxins built up in her system.

At one point, with jellyfish particles everywhere in the water, Nyad changed to backstrokes to keep her face out of harm's way.

By day, the jellies receded, and she was able to resume freestyle swimming.

Nyad, who turns 63 Wednesday, tried a cageless crossing last summer. She also made a failed try with a cage in 1978.

Australian Susie Maroney successfully swam the Straits in 1997, but she used a used a cage. In June this year another Australian, Penny Palfrey, made it 127 kilometres toward Florida without a cage before strong currents forced her to abandon the attempt.

Jellyfish menace

"There are so many jellyfish.... Diana is swimming backstroke right now leading with the cap-covered part of her head to minimize contact."

Tweet from a member of Diana Nyad's crew updating fans on her progress

A kayak-borne apparatus shadowing Nyad helps keep sharks at bay by generating a faint electric field that is not noticeable to humans.

The team expects Nyad will take at least 60 hours to complete the swim, meaning she would arrive in the Florida Keys sometime Tuesday.

To help with the monotony and sensory deprivation inevitable in marathon swimming, Nyad relies on a mental playlist of about 65 songs mostly "from my generation." They include classics from Bob Dylan, the Beatles and Neil Young, plus Janis Joplin's chart-topping version of Me and Bobby McGee.

"If I sing that 2,000 times in a row, the whole song, I will get through five hours and 15 minutes," Nyad said in a video posted on her website. THE ASSOCIATED PRESS

Salvation Army. Popular Canadian doctor ordered to get out of Zimbabwe

Officials of the Salvation Army in Zimbabwe said Sunday they have given a Canadian doctor 48 hours to leave the southern African nation after he was fired from a mission hospital.

Dr. Paul Thistle's departure was moved forward from Sept. 1 after villagers incited violence at the medical facility on Thursday to demand his reinstatement, said Vinece Chigariro, head of the church group in Zimbabwe. Thistle was the chief medical officer at the Howard hospital about 80 kilometres northeast of Harare. After 16 years at the mission, Thistle had clashed with church leaders over fundraising for the hospital and some private donor funding and project materials for the mission that went unaccounted for. He said the order to leave was "not a legal decision" by Zimbabwean immigration or police.

Twelve people were arrested after Thursday's unrest and eight nurses were held for questioning on allegations of incitement to violence.

The well-loved physician was carried shoulder high by villagers during a week of dispute over his future. Community elders said they wanted him to stay.
THE ASSOCIATED PRESS

Roots

Dr. Paul Thistle was born in Scarborough in Toronto and qualified as a doctor at the University of Toronto.

- He is a fluent speaker of the local Shona language and is married to a Zimbabwean nurse.
- His work at the hospital and his programs to treat AIDS sufferers in the impoverished Chiweshe district have won accolades from medical professionals in Zimbabwe and worldwide.

If you can't take the heat ...

A boy takes a bath in a fountain in central Berlin Sunday as large parts of Europe sweltered in the unusually hot weather. In some parts of Germany, temperatures rose to over 38 C. Paris had highs of almost 39 C and Florence 38 C. GERO BRELOER/THE ASSOCIATED PRESS

South Africa. Miners given ultimatum

South Africa miners must return to work Monday or face being fired from the platinum mine where rivalry between unions exploded into violence that led to the deaths of 44 people in a week, Lonmin PLC said Sunday.

President Jacob Zuma declared a week of national mourning starting Monday to commemorate the lives of all South Africans who have died violently, especially the 44 at Marikana mine.

Hundreds of rock-drill operators have been leading an illegal strike. Threats of violence kept many more away. Lonmin had initially ordered miners to return to work by Friday, then, after the police shootings that killed 34 miners, changed the deadline to Monday, spokeswoman Sue Vey explained.

Strikers said they were not sure what to do about the ultimatum. The company has not responded to their demands for the minimum wage to be increased.
THE ASSOCIATED PRESS

Two girls sit on a lakeside dock near the collapsed Algo Centre Mall, in Elliot Lake, Ont. The town is more than two hours from the nearest city, making it difficult for many residents to get to stores. COLIN PERKEL/THE CANADIAN PRESS FILE

Elliot Lake braces for winter without mall

Big loss. For the small Ontario town, the Algo Centre Mall was far more than just a shopping centre

The days are still long and warm but winter is on the minds of many residents of Elliot Lake, a community nestled among the rugged beauty of rocks, forests and lakes of northern Ontario — known now across Canada as the town whose mall collapsed.

Now the remains of the Algo Centre Mall stand as mute evidence of the June disaster that has robbed the town of its main gathering place.

The town of about 13,500 people is still trying to come to grips with the loss of a building that was so much more than just another shopping centre.

The mall provided warmth in winter, cooling in summer. A spot to socialize, have a coffee, get some exercise, and shop, all in one place. Sixty per cent of the town's retail space was in the mall — 18 stores, nine government offices, and the library. All gone.

Many residents are on fixed income, unable to drive or bear the cost of getting to other communities to shop. Sudbury, the nearest city, is more than two hours away.

Winter is already being felt as parents prepare to send children back to school. But with the disappearance of retailers like Zellers and Dollarama, there's no longer a handy place to buy necessary gear like warm hats and mittens.

Capt. Pamela Stanger, with the Salvation Army, said she's already seen an increase in need for both the drop-in centre and thrift store the organization runs.

"They need a place where they can afford to go to hang out," she said.

THE CANADIAN PRESS

Quoted

"You can't buy underwear in Elliot Lake today."

A resident of Elliot Lake, on life after the collapse of the Algo Centre Mall

Northern Gateway

Info lacking in pipeline research

Documents filed with the National Energy Board show the environmental review panel studying the Northern Gateway pipeline asked Fisheries and Oceans Canada for risk assessments for the bodies of water the proposed pipeline will cross.

The department didn't have them.

"As DFO has not conducted a complete review of all proposed crossings, we are unable to submit a comprehensive list as requested; however, this work will continue and, should the project be approved, our review will continue into the regulatory permitting phase," DFO wrote in a letter dated June 6.

THE CANADIAN PRESS

Labour. Zellers workers feel shortchanged in Target takeover deal

Angela Rankin knows exactly how much Target paid Zellers for the leases to 220 stores across Canada.

It wasn't a billion. It was $1.8 billion — $1.825 billion, to be more precise.

Rankin was let go on July 28 from a Zellers in Toronto after 13 years, with nothing more than the legally mandated severance pay her employers were required to give.

"I don't know what they're thinking. I don't know where their mind is. It's greediness," says Rankin, 50, a mother of one who helps support cousins in Jamaica.

Rankin will speak at a demonstration led by the United Food and Commercial Workers Union on Wednesday in front of Target's Canadian headquarters in Mississauga, Ont.

Former Zellers employee Angela Rankin. TORSTAR NEWS SERVICE

Target's overall revenue rose 3.5 per cent to $16.45 million US in the quarter.

The chain will open its first stores in Canada in 2013.

TORSTAR NEWS SERVICE

SASKABOOM CHANGING ITS TUNE?

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

The news that Brazilian miner Vale is putting its multibillion-dollar potash mine on hold has sent a little ripple of concern across the brows of various Saskatchewan boosters.

It also reminds me of the ongoing dialogue between Captain Nemo and his hostage Pierre Arronax in Jules Verne's classic novel 20,000 Leagues Under the Sea.

Nemo's futuristic submarine Nautilus encounters everything from giant squids to sub-surface volcanoes, which the captain coolly dismisses as mere "incidents," not the more severe "accidents."

Eventually, though, the Nautilus is sucked into the giant Moskenstraumen,or Maelstrom, off the coast of Norway, and even Nemo is forced to admit he's in the middle of an unfolding accident.

So what do we have here, "incident" or "accident"? The optimistic "incident" crowd sees the Vale decision as a minor delay, and expresses confidence that the Kronau potash mine will be built, thousands will be employed and Saskaboom will continue.

But there's an "accident" contingent, too, as a few brave, quavering voices wonder aloud if this pullback means the end of the resource boom that has fuelled this province's uncharacteristic growth over the last six years.

Hitting the brakes

"If this was the only sign, it would be different, but Potash Corp. is shutting down operations at its Lanigan mine for a month beginning Sept. 15, and booster knickers will really be in a knot if BHP Billiton delays the construction of a mine near Jansen, between Saskatoon and Yorkton, as is rumoured."

If this was the only sign, it would be different, but Potash Corp. is shutting down operations at its Lanigan mine for a month beginning Sept. 15, and booster knickers will really be in a knot if BHP Billiton delays the construction of a mine near Jansen, between Saskatoon and Yorkton, as is rumoured.

It's not all that comforting that Economy Minister Bill Boyd has felt the need to go out of his way to reassure us that the Jansen mine, which would be the world's largest, looks good to go. The reeve of Lajord, which includes Kronau, thought everything was OK with the Vale project, until it wasn't.

This is what happens when your economy is commodity dependent, and global supply and demand govern your prosperity. It's like Joseph's amazing technicolour dream — seven years of feast and seven years of famine — the trick is to put something aside from the feast to tide you over during the famine. Sadly, that only seems to happen in ancient biblical manuscripts.

Times such as these are disturbing, but the anxiety can be tempered by opportunity. The Kronau mine would use 40 million litres of water a day, which is a problem because Kronau, blessed as it is with potash, is a bit short on H_2O and the mine plan calls for a 70-km pipeline to suck the water out of Katepwa Lake.

So, while it might be the harbinger of doom for Saskaboom, the Vale decision also gives us a timeout to think about something that's at least as important as economic prosperity: Where does the water come from, anyway?

Curiosity rover landing

What time is it, NASA engineer? Mars o'clock

One California family of five is learning what it's like to live on "Mars time" this summer.

NASA flight engineer David Oh had to switch to Martian time after the rover Curiosity landed on Mars earlier this month. His wife and three children decided to tag along to see what it is like.

A day on Mars is about 40 minutes longer than an Earth day, so they've been waking up, sleeping and eating at odd hours. One day last week breakfast was at 3 p.m.

Every mission to Mars, hundreds of NASA scientists and engineers at the Jet Propulsion Laboratory make the time change for three months. But it's unusual for an entire family to join in.

THE ASSOCIATED PRESS

Seeds? Check. Grass? Check

GETTY IMAGES

Checkerboard? Check

The manicure

Aristocrat's lawn gets a makeover

Artist Caroline Wright and 100 volunteers created this checkerboard design in the garden of English heritage mansion Ham House.

It was done with only hairdressing scissors to recreate the careful conditioning of the 17th century, when the house employed several lawn artists. It is part of the Garden of Reason season, promoting outdoor art.

METRO

Artist's view

"It was hard work — we used two boxes of plasters. But because of the team spirit it went to plan."

Caroline Wright, British artist and project leader. Wright specializes in "performance archaeology," using historic or unique sites and adding a touch of the surreal or fantastic.

Great landscape art

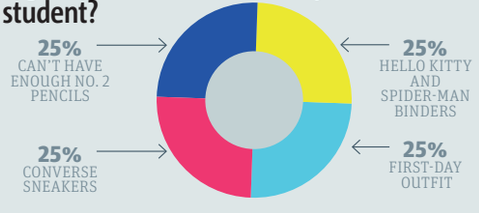
- **Conwy Valley.** The world's largest hedge maze in North Wales, covering two acres with intricate designs and the world's rarest tree.
- **Zhuo Zheng Yuan.** From the Ming Dynasty, this World Heritage site is among the finest gardens in China, featuring islands and Myrtle trees.
- **Missouri Botanical Garden.** Stunning plant combinations and flower beds in this site.

17th-century Ham House is the inspiration for a summer-long art exhibit. GETTY IMAGES

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What back-to-school item would you buy regardless of whether or not you are a student?



Twitter

@SarahBethKeeley: Off to sleep..Thanks Regina for an ALWAYS great time.. back to Sask in a few weeks for CCMA's after playing at.

@kenzie_kulcsar: Thanks, @bonburgers for your help in raising funds for Easter Seals and the Abilities Council! We're so grateful for your generosity! #yqr

@Adam_Duke: Thanks @STARSambulance (sask) lottery! Don't need to buy a Blue-tooth setup for my car anymore. Happy to support, thankful to win.

@jojo7415: It is about 20 degree's cooler (celcius) here in Sask than it was in Vegas a week ago and somehow I am sweating more here in Sk. #moistheat

@talivaiaso: Lovin the beautiful weather this weekend! #yxe #saskatoon #sask #saskatchewan #beautiful #weather #sun

metro

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Premium Rush opens on Friday. HANDOUT

Stars get genuine Rush out of making bike film

Dangerous shoots. Joseph Gordon-Levitt and Dania Ramirez talk about the perils of playing bicycle messengers in NYC

NED EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt and Dania Ramirez got a hell of a workout and a detailed tour of New York City making Premium Rush, in which they play fast-moving bike messengers. Metro sat down with the stars to talk about filming in the city and how dangerous even pretending to be a bike messenger can be — and to nitpick some geographical inconsistencies in the film.

Joe, you actually went through a cab's windshield while filming. Were there any other particularly close calls or dangerous moments for either of you?

Dania Ramirez: There was one time where I had to do a take where I had to jump the curb to get back on the sidewalk, and this UPS truck just decided to come pull out of nowhere right in front of me, and I had to turn my bike and skid and the whole nine. Every single day we filmed the movie, it was always in the back of my mind. "I hope I don't fall today." Because I fell so many times (laughs).

It can be tricky making a movie in New York, worrying about continuity issues when you turn corners.

Joseph Gordon-Levitt: Actually, the movie's really good about that. It's pretty accurate... I'm trying to think if there were any.

Well, the 1 Train doesn't actually go above ground south of Columbia University.

JGL: And he would be going south. That's right, that's right. We did. You're totally right. We shot that chase scene up in, like, the high 130s. But it looked awesome. I guess I wasn't worried about that. I just got done shooting a movie where Gotham City is made up of L.A., Pittsburgh, New York and parts of outside London. So to me if it's seamless in the movie, it doesn't bother me.

How was the experience of shooting on campus at Columbia, your alma mater?

JGL: It was a trip, man, because we shot in 2010, which is basically exactly 10 years after I arrived as a freshman and was living in (the dorm) John Jay, so yeah. It's just a bizarre thing to make it back 10 years later. It was the first time I had shot on campus.

In what parts of the city were you particularly excited to film?

DR: I was looking forward to riding around Chinatown. I just think on film it's so interesting to watch that part of the city.

JGL: I liked shooting uptown, actually, even if it might be a little inconsistent (laughs). Because just that part of town is maybe a little lesser known, and it is so pretty — maybe not pretty in the sense of peaceful or whatever, but it's a really visually striking part of town with the train up there. And it's a part of town that I spent a fair amount of time in because I went to school up there and lived in Harlem for a year and a half.

Have either of you seen 1986 Kevin Bacon film Quicksilver before?

DR: I've had so many people come up to me and actually tell me about it.

JGL: Especially people who are into bikes, I've found. "Oh, so you're doing Quicksilver." It's like, I guess I've got to see this movie. S—, sorry. I still haven't seen it. I've been told about it a lot. I still haven't watched it.

DR: At this point I kind of don't even want to (laughs).

Married to Jonas. Singing brother gets domesticated

Viewers who tune into Kevin Jonas' new reality show with his wife, Danielle, will see a different side of the 24-year-old singer.

On Married to Jonas, Kevin jokes about sex and squabbles with Danielle. The show, which premiered Sunday on E! (10 p.m. EDT), isn't about the Jonas brother who wore a purity ring and seemed too good to be true. This time, he seems more relatable.

Kevin says he viewed the show, produced by Ryan Seacrest Productions, as an opportunity to show the public that he and Danielle are a normal couple.

"Doing a show like this, you kind of have to take it in stride, and we looked at it as an opportunity to show who we are as a couple without them making that decision for us," he laughed during a recent interview.

Danielle, 25, jokes the one thing that viewers will be surprised to see about her husband is "how messy Kevin is."

And unlike Jessica Simpson and Nick Lachey and Jon and Kate Gosselin, Kevin and Danielle say filming the show didn't blow them apart but made their relationship stronger.

"We get to talk so much about things you might put aside and not want to bring up ... and we talk through things more instead of yelling," she said.

Kevin Jonas and his wife, Danielle. GETTY IMAGES

The show also follows Kevin and his brothers Nick and Joe as they go back to the studio as the Jonas Brothers. The Jonas Brothers announced Friday that after three years, they will return to the stage for a one-night performance at Radio City Music Hall on Oct. 11.

THE ASSOCIATED PRESS

2SCENE

On the web

Nicki Minaj cancels performances at U.K.'s V Festival due to damaged vocal cords

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jonas Brothers

Brothers reuniting for another album

After three years of pursuing solo projects, the Jonas Brothers are getting back together — for one night at least. The three brothers will be hitting New York's Radio City Music Hall on October 11 in the midst of work on their first album in nearly four years, according to Us Weekly. "We know it's time to come back and do another album," eldest brother Kevin Jonas says. "It's time. We need to be back on the road together."

Latest hit-and-run a serious one for Bynes

Amanda Bynes

Amanda Bynes' latest alleged hit-and-run might be the one that finally slows her down, as the former Nickelodeon star's case is moving forward to the L.A. city attorney after being reviewed by police, according to Hollyscoop. "After gathering facts for the case, there is substantial evidence that Amanda Bynes committed a hit-and-run," an LAPD spokesman says of the August 4 incident, in which Bynes reportedly rear-ended another car and fled the scene.

John Mayer

John Mayer, Katy Perry getting cosy?

Katy Perry and John Mayer's new rumored relationship keeps chugging along, with the pair spotted getting quite cosy at a Hollywood Hills pool party, according to Hollyscoop.

Photos from the party show the Your Body is a Wonderland singer with his arm around a bikini-clad Perry then later getting close in the water.

This is the third time Perry and Mayer have been spotted out and about together, though neither has confirmed they are dating.

The Word

Rick Ross for prez? Why not

THE WORD
Monica Weymouth
scene@metronews.ca

The election cycle tends to bring out the usual celebrities touting their causes and endorsements, from Brad Pitt and Angelina Jolie (the legalization of gay marriage) to Kid Rock (something indiscernible about freedom and 'merica).

We're not sure what it says about us, you or shining seas, but Rick Ross' rundown of the heavy-hitter issues in Rolling Stone is about as well-reasoned and coherent as you'll hear in any debate:

On the medicinal properties of marijuana
"I call it green caviar. It's like a short vacation — it helps me chill out. And people really love it when I chill out, because I can really be a d—head."

On gun control
"I think we all have a right to bear arms, whichever amendment that is."

On the place of religion in schools
"They wanted me to learn the Ten Commandments. I told them I didn't really have time for that right now,"

On gay marriage and free speech
"Chick-fil-A obviously took their stand. That's their right — the same way the pro-gay people are taking their stand. I believe everybody got the right to live their own life the way they want to."

Robert Pattinson

Stay away from her, Pattinson friends say

While it's unclear how Robert Pattinson will proceed with his relationship with Kristen Stewart after her infidelity came to light last month, his friends reportedly think he should dump her, according to Us Weekly.

Pals of Pattinson — including Sienna Miller and Tom Sturridge — have been "begging Rob to end it for good," a source tells the magazine. "They think she will hurt Rob again."

Robert Downey Jr.

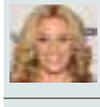
Production on hold after Iron Man injury

Production on Iron Man 3 has halted after the franchise's star, Robert Downey Jr., was injured on set, Marvel Studios confirms in a statement.

"Robert Downey Jr. sustained an ankle injury on the set of Iron Man 3 in Wilmington, N.C., while performing a stunt," the statement reads.

"There will be a short delay in the production schedule while he recuperates. There's no word on how much the delay will cost the production.

Twitter



@ElizabethBanks
Had my first in-depth Honey Boo Boo conversation tonight at dinner. Feeling very pop culture-y/time waste-y.

@SamuelLJackson
Interview tips: enunciate, conjugate & less "you know", ya know? Cause We don't! Thanks.

@twhiddleston
To those whom I met, with whom I worked, and by whom I was given a life-time's supply of chocolate in Köln this summer: thank you & so long.

@sethmeyers21
"Based on a True Story" on a movie poster basically just means "has people in it."

My daughter, 4, still wants the stroller. Is that odd?

Debate. I don't care if it's considered too old, says our Mommyish writer, who says it's easier for her child

LINDSAY CROSS
mommyish.com

How old is too old for a stroller? ISTOCK IMAGES

There are a lot of people who don't like strollers. They're big. They get in the way of everything. They are impossible to manoeuvre through a doorway without assistance. They're expensive for no real reason. Man, strollers suck. But I still use one on day trips with my four-year-old.

First, I guess I should backtrack on strollers sucking. It's really not that the strollers themselves are to blame. There are people with strollers who suck. There are actually people everywhere who suck, whether they're pushing around a child in a carriage-like contraption or not.

You just notice that the people with strollers suck more because they're easier to pick out of a crowd. What with their behemoth of a baby-cart and all. But believe it or not, there are other kinds of people out there pushing strollers.

Although plenty of people wonder why I still use a stroller or wagon at all. My daughter is four years old. She can walk just fine. She probably runs faster than I do, no matter how little those legs are. Shouldn't she be able to walk on her own?

I've gotten plenty of looks when I whip out the stroller for a longer zoo trip or a big day of shopping. Amusement parks, fairs and festivals are all appropriate times for me to lug out my stroller, but some question why it's necessary.

The truth is that my daughter still likes her stroller. And on a really long day when she's likely to get tired and frustrated, I really like her stroller as well.

A four-year-old can obviously walk around on her own. She can even walk around for hours on end when the situation calls for it. We go hiking and she walks miles with no problem. So if she really needed to walk around the zoo all day long, I'm sure she could.

However, when we have full-day trips, little kids just don't have the stamina of adults. Especially in the heat, our little girl gets worn out after a while.

I like to think I'm actually saving people from the possibilities of a moody child throwing a tantrum. Tantrums don't happen for us when our tuckered-out little one can take a minute in her stroller and take a break.

My daughter gets plenty of movement and exercise on a day-to-day basis. I don't need to test her endurance on a day at an amusement park.

Quoted

"The truth is that my daughter still likes her stroller. And on a really long day when she's likely to get tired and frustrated, I really like her stroller as well."
Author Lindsay Cross

On the Web

You're definitely the cutest and best dressed wedding date Mommy could ask for, but did you have to cry louder than the maid of honour during her toast to the bride? Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Helping teenagers deal with peer pressure

With the teen years comes more independence — but so much freedom can leave room for students to be pressured into doing what they normally wouldn't.

Dr. Philip R. Herschman, chief clinical officer for CRC Health Group, the largest provider of addiction treatment in the U.S., teaches us how you can help your teen avoid those types of situations.

Start before college

"It all starts before that young adult moves into college. (If) that child is raised with a good value system and has learned how to make decisions through a normal maturational process, good parenting will instill a good value system. A good value system will lead to good decision-making."

Plan for the situation

"I have children, and when they move to a college setting I'll talk to them about it prior to them getting in that setting and say, 'These are the kinds of things that you might be faced with. If you are, how would you respond? Let's think about it now and plan for it so that when it happens, it's much easier to deal with.'"

Have them offer alternatives

"(They can) say, 'It's just not something I want to do, but I'd love to go to a movie with you later' or 'I'm sorry, drinking is not something I want to do. I'm happy to be your designated driver and go out and have fun with you.'"

Teach them to be firm

"That's why practicing ahead of time is helpful. (Tell them) you've got to be clear. You've got to look somebody in the eye and say, 'No.'"

Discourage judgments

"Don't (have your kids) tell them they're bad for drinking. That will end relationships."

Talk about safe dating

"(A) first date shouldn't be, 'Let's meet at his house for dinner' but 'Let's go have dinner in a public place.' You have to know somebody before you put yourself in a situation where it's difficult to exit."

A good value system will lead to good decision-making. ISTOCK IMAGES

Let go

"At some point, you've got to trust your kids to make the right decisions. You can't sit on their shoulders the whole time." METRO NEW YORK

On the Web

Reasons mommy drinks #72: Weddings. Scan this code or visit metronews.ca/voices to find out why the singles table has its perks.

Kick your side salad up a notch with citrusy kale

Ingredients

- 6-8 handfuls of kale (baby kale that is organic and pre-washed if possible)
- 3/4 cup walnuts
- 2 small oranges sliced

Dressing:
- 1/3 cup sesame or extra-virgin olive oil
- 1/2 cup brown rice vinegar
- 4 tbsp orange (naturally) flavoured Omega 3 fish oil (or hemp or flax oil)
- 1/2 cup fresh mint
- Fresh juice from 1 orange
- 2 tbsp orange rind

Orange Infused Walnut Kale Salad

This recipe makes four servings. NEWS CANADA

As summer comes to a close, families, neighbours and friends will be hosting a lot of get-togethers and feeding the masses. You're bound to see the usual spread of hamburgers, chips and soda pop.

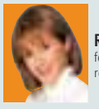
But if you'd like to step it up and mix in an original, healthy and tasty dish that offers your guests a megawatt dose of bio-available minerals, the Canadian Health Food Association has the recipe to do just that. You can find the ingredients at any natural health retailer, or visit chfa.ca.

1. Place all dressing ingredients into a food processor and blend until the mint is completely chopped up, about 30 seconds. Place your leafy greens into a large bowl and toss with the dressing. Sprinkle with walnuts and orange slices.

NEWS CANADA

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com

Sausage vs. hot dog: Street meat is often the go-to choice for those on the run. But they may also be the unhealthiest choice around.

Sausage with fried onions, cheese sauce and peppers

887 calories / 55 g fat
This is one of the unhealthiest foods available — more than half your daily calories in fat and a complete day's worth of salt.

Equivalent
This is equivalent to 42 grilled medium shrimp in calories.

2 hotdogs with mustard, ketchup and relish

388 calories / 22 g fat
I don't like endorsing nitrite and sodium-filled processed meats, but in this case two dogs are better for you than the sausage!

Garlicky Grilled Kale. Perfect as a side, in stir-fries or tossed with pasta

Ingredients

- 1 tbsp garlic powder
- 1 tbsp smoked paprika
- 1/2 tbsp ground cumin
- 1/2 tbsp kosher salt
- 1/2 tsp ground black pepper
- 1 large bunch kale
- 2 tbsp olive oil

1. Heat a grill to medium-high. Line a heavy baking sheet with foil, or use a disposable foil baking sheet. Coat the foil or baking sheet with cooking spray.

2. In a small bowl, mix together the garlic powder, smoked paprika, cumin, salt and pepper. Set aside.

3. Trim off and discard the thick stems from the kale. Coarsely chop the kale leaves, aiming for pieces about 2 to 3 inches. Place the chopped kale in a large bowl, then drizzle it with the oil. Use your hands to toss the kale to coat evenly with the oil. Sprinkle half of the seasoning mixture over the kale, then toss again. Sprinkle the remaining seasoning and toss again.

4. Spread the kale in an even layer on the prepared baking sheet. Place the baking sheet directly on the grill and cook with the grill covered for 7 minutes, or until the kale is crisp and begins to brown. Serve immediately.

THE ASSOCIATED PRESS

Turn nutritional powerhouse into a cheesy, crunchy snack

Ingredients

- 1 large bunch fresh kale
- 250 ml (1 cup) walnut pieces
- 125 ml (1/2 cup) shredded extra old cheddar cheese
- 30 ml (2 tbsp) Dijon mustard
- 75 ml (1/3 cup) water

Cheesy Kale Chips

This recipe makes about 6 cups. THE CANADIAN PRESS

A nutritious alternative, these scrumptious kale chips offer just the right amount of comfort and crunch. The combination of nutrition-packed kale and antioxidant-rich walnuts, spiced up with mustard and aged cheddar cheese make this a great snack that is also good for you.

1. Tear kale leaves into bite-sized pieces and remove ribs. Wash and dry leaves thoroughly and set aside.

2. In a food processor, combine walnuts, cheddar, Dijon and water and pulse into a paste. Transfer paste to a large mixing bowl and add kale leaves, tossing to coat evenly. Remove large clumps from leaves or spread out on leaves. (Do not apply too much walnut mixture on the kale leaves as this will prevent even drying.)

3. On parchment-lined baking sheets, place a single layer of kale leaves a finger-width apart. Bake one sheet at a time on the centre oven rack for 15 to 20 minutes until crisp. (Do not let the chips brown as they will taste bitter.)

4. Chips will keep in air-tight container for up to one week.

THE CANADIAN PRESS

Mary Brown's CEO Greg Roberts on success, humility and chicken

Path to success. Entrepreneur accountant explored several avenues of business before sinking his teeth into successful franchise

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Greg Roberts grew up on Triton, a little island off the coast of Newfoundland, but as a young boy he had big dreams.

After graduating with a degree and becoming a chartered accountant, he acquired a gas station and restaurant; then a pharmacy. Two pizza franchises and real estate ventures followed.

But Greg had his eye on the big prize. When the franchise rights for Mary Brown's Famous Chicken and Taters became available, he mortgaged everything he had to buy the brand.

"At the time I didn't think it was a gamble because I knew the business and knew it had a lot of potential"

Today, Roberts has close to 100 franchises in Canada, 1,250 employees, a flagship store in South America and hundreds of international franchises in the planning stages.

"All in 14 years. It feels like 40," Roberts says with a laugh.

Five steps

1. You need a great idea and an even better plan to make it happen.
2. Surround yourself with great people that are as passionate as you and then listen to them.
3. Never become arrogant and believe you know it all.
4. Get a great education and keep on learning and taking courses.
5. Never forget where you're from and never ask someone to do something you wouldn't do yourself.

His advice?

"Work hard. Be candid. Listen to everyone and make the right decisions. At the end of the day I don't want to be the richest man in the cemetery. I just want to be known as a good person and an even better family man."

Canadians were first introduced to Mary Brown's in Newfoundland in 1969.

Quoted

"At the time I didn't think it was a gamble because I knew the business and knew it had a lot of potential"

Mary Brown's chairman and CEO Greg Roberts looking back on his acquisition of the profitable food franchise.

Mary Brown's chairman and CEO Greg Roberts mortgaged everything to bet on the chicken franchise's success. ISTOCK

Wise words. Preparing for your child's first school day

A child's first day at school can be much easier if they have a good idea of what they're walking into. ISTOCK

The first day at school isn't what it used to be. These days, by the time most children start formal education they're relatively comfortable with separation from the home and parent, says Jayne Singer, the clinical director of the Child and Parent Program at Boston Children's Hospital.

"Children who have had high-quality day care or preschool make a better transition to school both emotionally and socially," she says.

Still, even leaving a private play-based preschool to go to a public school is a big transition, but there's a lot parents can do to ease a child's stress with any environmental change. When it comes to easing anxiety, familiarity breeds comfort.

"Give the child guidance; show them pictures of their new classroom or school. A lot of schools have the good sense to hold open-houses or have a welcome visit. Visit the school, visit the playground. Show them the classroom and where they will play. The sense of familiarity will ease anxiety."

"Also," adds Singer, "younger children do well with concrete reminders about the passage of time. Get a calendar and mark off the days until school starts. Turn it into a craft project. Say, make a flower and add a petal for each day."

One thing parents should watch for is transferring their anxiety. "Parents shouldn't assume a child is anxious or feels separation. Don't ask, 'Are you scared?' Let the child bring it up and if they do, say, 'Of course you are. I feel nervous when I do something new.'"

Parents should also get ready in advance

"Have a conversation with personnel at the school so you are prepared for the environment," says Singer.

"The more parents know about the school, the more authentic they are in offering guidance to the child. Tell your child they will have a chance to play, they will have a place to draw and paint. Give them concrete examples of what is there. Give them a vision of the classroom as a kind and supportive place."

METRO NEW YORK

SPORTS 4

Roughriders' skid continues vs. Lions

CFL. B.C. hands Saskatchewan a fourth-straight defeat

Travis Lulay ran for one touchdown, threw for another and handed off for one more as the B.C. Lions beat the Saskatchewan Roughriders 24-5 on Sunday at BC Place.

The Lions retained sole possession of first place by posting their third straight win, improving to 5-3. The Riders (3-4) suffered their fourth-straight loss after opening the season with three consecutive wins.

Saskatchewan has not won since beating B.C. in July. Conversely, the Lions have not lost since then.

Arland Bruce and Ernest Jackson scored B.C.'s other touchdowns. The Lions' other points came in the form of converts from kicker Paul McCallum.

Saskatchewan only managed a first-quarter field goal by Sandro DeAngelis, who only made two attempts, and a safety conceded by McCallum in the final minute.

The Lions held their opponent without a touchdown, and under 10 points, for the third straight game. Cauchy Muamba led the way defensively as he recorded two interceptions.

Lulay completed 22 of 30 passes for 257 yards. Saskatchewan's Darian Durant completed 18 of 27 passes for 170 yards before he was pulled in the fourth quarter. His backup Drew Willy completed all five of his pass attempts, but could not generate any points.

Both Lulay and Durant passed effectively in the first half, but hurt their teams with untimely miscues. Lulay completed 11 of 16 pass in the first 30 minutes for 96 yards while Durant made good on 12 of 18 for 119.

Saskatchewan attempted an onside kick on the opening kickoff, but the move backfired as B.C.'s Jason Arakgi batted the ball out of bounds at midfield. However, the Riders got the ball at the B.C. 42-yard-line when Lulay fumbled on the Lions' first play from scrimmage.

The Riders offence struggled and was hampered by an illegal procedure penalty, but they managed to get three points as Sandro DeAngelis connected on a 36-yarder.

The Riders threatened to score again on their next drive, but Muamba recorded his first interception as he jumped over receiver Chris Getzlaf and hauled in a Durant pass intended for him, giving B.C. the ball at its 25-yard line.

The Lions stalled again on their next drive, but Saskatchewan's Craig Butler kept it alive as he was penalized for contacting McCallum on his punt. B.C. then took the ball all the way down to the Saskatchewan two-yard line as Lulay was tackled just short of the end zone as he tried to run it in.

But backup quarterback Mike Reilly was denied on a third-and-one attempt. The rejection came after the Lions declined a Saskatchewan offside penalty that would have moved the ball back, but given B.C. a repeat of second down.

On the ensuing drive, the Riders were forced to settle for a 47-yard field goal attempt, but DeAngelis was wide and Tim Brown ran the ball to midfield before was clotheslined by Tearrius George. The penalty gave B.C. the ball at Saskatchewan's 34 and B.C. advanced to the Saskatchewan five.

This time, Lulay succeeded in running the ball into the end zone, staking the Lions to a 7-3 half-time lead.

Late in the third quarter, Lions defensive back Dante Marsh intercepted a Durant pass and returned it 43 yards to set the stage for a McCallum 24-yard field goal that put B.C. up 10-3.

Just before the third quarter ended, Lulay connected with Arland Bruce on a 55-yard touchdown pass.

In the fourth quarter, Lulay guided the Lions on a nine-play scoring drive that culminated with his hand-off to receiver Jackson for a 15-yard touchdown off a 15-yard reverse.

Saskatchewan finally scored again with 39 seconds left in the game as McCallum decided to concede the safety rather than punt from the end zone.

THE CANADIAN PRESS

Kory Sheets, upper left, is stopped short of the first down by the B.C. Lions on a third-down play Sunday in Vancouver.
DARRYL DYCK/THE CANADIAN PRESS

Sunday's game

Lions	Roughriders
24	5

Mitchell sits out

B.C.'s strong defensive performance came despite the absence of key pass rusher Khalif Mitchell, who sat out the first of a two-game suspension for twisting Edmonton offensive lineman Simeon Rottier's arm.

Baseball

Panama blasts past Canada at little league series

James Gonzalez had two homers and six RBIs, including a grand slam, and Aguadulce, Panama, defeated the Hastings All-Stars from Vancouver 8-3 on Sunday to stay unbeaten at the Little League World Series.

THE ASSOCIATED PRESS

MLB

Rangers rout Jays in rubber match

Michael Young homered and drove in five runs and Matt Harrison allowed two hits in eight innings as the Texas Rangers defeated the Toronto Blue Jays 11-2 on Sunday.

The injury-depleted Blue Jays finished their 10-game home stand with a 3-7 record. THE CANADIAN PRESS

MLB

Cabrera associate tried fabricating defence: Report

An associate of San Francisco Giants all-star Melky Cabrera purchased a website and attempted to create evidence to support a claim that the outfielder inadvertently took the substance that caused a positive drug test, the New York Daily News reported Sunday.

Baseball officials uncovered the scheme as Cabrera prepared his case to challenge the test. Cabrera's grievance then was dropped, and Major League Baseball announced a 50-game suspension Wednesday.

Cabrera tested positive for testosterone, MLB said.

THE ASSOCIATED PRESS

Melky Cabrera
THE ASSOCIATED PRESS FILE

Mobile sports

Things were supposed to look a lot different for the New York Jets' offence. Through two preseason games, the Jets (0-2) have failed to score a touchdown and Tim Tebow has yet to be the spark that was expected. But the Jets say don't panic just yet. Scan the code for the story.

Read metro your money every Tuesday for financial tips, trends and advice.
Only in Metro. News worth sharing.

Horoscopes

♈ Aries
March 21 - April 20
There are general, everyday risks and there are the kind of risks that only an Aries would dare take — and you'll be taking plenty today. A major Sun-Mars link means your luck is about to turn. Enjoy it!

♉ Taurus
April 21 - May 21
The best way to improve your life is to focus your thoughts and feelings on what means most to you in this world. Forget about your ambitions and concentrate on the people who you really, truly, madly love.

♊ Gemini
May 22 - June 21
You have plenty to say for yourself but do other people understand your message? Your task today is to get across your central idea in ways that don't leave those with lesser minds feeling too confused.

♋ Cancer
June 22 - July 23
If you are having second thoughts about a commitment you made then you should be able to wriggle out of it without too much trouble. Don't make a habit of it though or your reputation will suffer.

♌ Leo
July 24 - Aug. 23
The recent new moon in your sign means there is no more confusion: you know exactly what you should be doing and exactly how it must be done. It's Monday and the start of a new week — so get started!

♍ Virgo
Aug. 24 - Sept. 23
Are you at peace with yourself? Even if you are not you will be able to find a special place of inner tranquility over the next few days — the place where nothing and no one can touch you or harm you.

♎ Libra
Sept. 24 - Oct. 23
You have a great deal in common with a certain group of people and if you make the effort to spend time with them there is a lot they can teach you. Share your dream with them too — they'll like it.

♏ Scorpio
Oct. 24 - Nov. 22
You may find it hard to trust someone you work or do business with but what choice do you have? Sometimes even a Scorpio must put their doubts aside and just get on with it. You won't lose out.

♐ Sagittarius
Nov. 23 - Dec. 21
What you hear today may sound too good to be true but you would be wrong to dismiss it out of hand. An excellent Sun-Mars link indicates it's all above board – and very much in your favour.

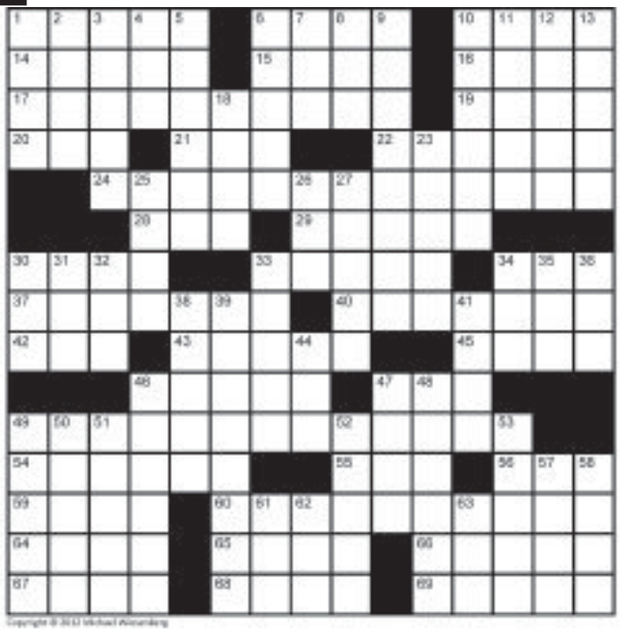
♑ Capricorn
Dec. 22 - Jan. 20
Step back from what you are working on and look at it from a higher level. What does it mean in the greater scheme of things? If your answer is "nothing" then you should be working on something else.

♒ Aquarius
Jan. 21 - Feb. 19
Resist the temptation to make accusations, because if you start the week with a distrustful attitude it will colour your relationships for the next seven days. No one is trying to cheat you — so don't cheat yourself.

♓ Pisces
Feb. 20 - March 20
Let your mind wander in imaginary realms. You are probably fed up with friends and colleagues and loved ones telling you to get your head out of the clouds but that's the best place for it today. Dream on. SALLY BROMPTON

Crossword: The East, Musicians, Water, and a Capital

BY MICHAEL WIESENBERG



Across
1. "___ you knockin', but you can't come in" (2 wds.)
6. Colorless
10. Big name in moisturizing products
14. Become aware of
15. Copied
16. TV host Letterman
17. Canada is gateway to this eastern area of expanding importance (2 wds.)
19. Cinnabar and hematite
20. Secret agent
21. "___ Mine": Beatles song written by George Harrison (2 wds.)
22. Hors d'___: appetizer
24. Formed in 1970, this world renowned chamber ensemble quintet always performs in formal black suits plus white running shoes (2 wds.)
28. Smallville villain Luthor
29. Silences, as a TV
30. Canadian force
33. Croc's cousin
34. And so on
37. Northwest ___: Canadian sea route only recently open to regular marine shipping
40. Canada's most populous province
42. Star of The A-Team (2 wds.)
43. Guitar relatives with pear-shaped bodies
45. Agency employee, informally
46. "... ___ evil, speak ..." (2 wds.)
47. Green machine
49. Largest tributary of BC's Fraser (2 wds.)
54. Actress Bernhardt and singer Vaughan
55. Personals
56. Consume
59. Extra: abbr.
60. YT capital
64. Cinema spool
65. Rabbit
66. Worth something (2 wds.)
67. Georgia and Belarus, once: initialism
68. Versified tributes
69. Needs

Down
1. AOL and Comcast
2. Pile
3. Britannica, for one: abbr.
4. "Do ___ say!" (2 wds.)
5. Free from impurities
6. Measured on foot, with "off"
7. Spring mo.
8. Hawaiian garland
9. Alberta's second-largest city
10. Smells
11. Cocoon spinner
12. Asserts
13. Agreements
18. Canada's "Think Big" company
23. TV movie critic Roger
25. European mountains
26. Beatles hit "___ Loser" (2 wds.)
27. Cars
30. Tach reading
31. Windsor product
32. 9-Down time
33. "I Can't ___ Satisfaction" (2 wds.)
34. Before: poetic
35. ___ Horton's
36. 30-Across member
38. First Hebrew alphabet letter
39. Winnipeg's "American Woman" band (2 wds.)
41. "Look ___ when I'm talking to you" (2 wds.)
44. Very long time, as spelled south of the border
46. Some 58-Down sizes
47. Assistant
48. Network offering (2 wds.)
49. Their rule ended in 1917
50. Hell
51. TV's Law & ___
52. Amounts charged
53. TV's summer fare
57. 47-Down: abbr.
58. Casual shirts
61. Owned
62. Displeasure
63. Birds ___ feather (2 wds.)

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1					9	2	5	
	4			2		9	7	
2			4					3
				5			3	9
		9				8		
5	6			3				
8					4			6
	7	6		9			1	
	2	3	5					7

Friday's Sudoku

Sharability

easy hard

ROGERS

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Teleco

Cornwall Centre

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Teleco

1501 Albert St.

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2002 8th St. E

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